Numerology

"An expanded version of . . . Developing the self" - - T.p. verso.
Includes bibliographies.
1. Spiritual life. 2. Africa, Sub-Saharan - -

2 3 | 3 | 473

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FORWARD

These life principles have been abstracted and extracted from African philosophy, religion, mythology, folklore, rituals, and symbolism. These principles pertain to total development. They may relate on different levels to the person, the family, the social group, the spiritual group, the neighborhood, the community, or work organization.

These principles are intended to orient one toward understanding, seeing, and living life as an on-going process. The principles may be used to deal with, or simply reflect upon life in its many aspects. Certain principles presented here, when turned over in the mind, or worked with meditatively, for example, may provide solutions to a vast range of problems.